King Edward's Hospital Fund for London

MEMORANDUM

ON

CATERING

FOR

CONVALESCENT HOMES

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1948

FOREWORD

I am certain this helpful Memorandum will be welcomed by all who, directly or indirectly, are concerned with the welfare of the convalescing patient.

It is high time more attention was given to planning their diets, so that recovery is accelerated by plentiful, nutritious and attractive food.

This report is short and concise. Much in it has been drawn from two Memoranda on Hospital Diet published in 1943 and 1945 respectively by the King Edward's Hospital Fund. These Memoranda should also be read by all who direct or manage homes for convalescents.*

It is the earnest hope of the Committee on Hospital Diet, of which I have the honour of being Chairman, that the advice offered in the pages that follow will arouse far-reaching interest in accelerating recovery from illness or injury.

J. C. DRUMMOND

10, Old Jewry, E.C.2.
April, 1948.

* Copies can be obtained on application to the Secretary, King Edward's Hospital Fund, 10, Old Jewry, London, E.C.2.

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MEMORANDUM ON CATERING FOR CONVALESCENT HOMES.

INTRODUCTION.

The convalescent home plays an important part in the restoration of the sick person to health. Convalescence, according to the definition of the word, is " the period of growing strong again," and to quote from " The Lancet," " many convalescent homes at least, are intended for patients who have done with medicine and now need only the natural stimulants—fresh air, exercise, good food and pleasant occupation, to restore them to the state of health necessary for facing their daily work and troubles."

The object of this Memorandum, is to help those in charge of convalescent homes to provide the " good food " which is one of the most important contributory factors towards recovery, but one which is often forgotten by those responsible for patients.

Investigations during the past ten years have revealed that loss of tissue and wastage of the body's reserves as a result of injury or illness is far larger than had previously been suspected. Fractures, operations and other forms of physical shock cause grave protein depletion.

In order to prevent this state of malnutrition, the giving in hospital of a diet which is rich in protein (i.e., the tissue building foods such as milk and egg, dried or fresh, fish and meat) to patients after operation or suffering from injury has proved to be of the utmost value in speeding recovery. When the processes of disease or injury have subsided and convalescence has begun, the body still has much leeway to make up. There has to be provided sufficient material to restore the tone to the muscles that have become wasted; to enable the heart and lungs to regain their efficiency, and for the body to rebuild all other damaged and wasted tissues.

The diet of the convalescent, therefore, must be good in every sense of the word, it must provide sufficient energy and enough of all the essential nutrients, but no less is it important that it should be palatable, tasty, varied, well cooked and attractively presented.

Before the war, when eggs, milk and cream were plentiful, such a task presented no difficulty; to-day it is a different matter and success can only be attained if full use is made of all the available rations, points and *priority foods allowed to convalescent homes and hospitals. This calls on the one hand for careful thought, ingenuity and imagination by those responsible for catering, and on the other, for full appreciation of what is needed on the part of those controlling the finances of the Home. It inevitably calls

* Priorities and Allowances for Convalescent Homes are given in Appendix VI.

for increased expenditure on food, salaries and wages. Good feeding must be regarded as the primary and essential function of every convalescent home, and adequate funds must be provided for that purpose.

The responsibility for catering in convalescent homes rests with the Matron, who is the senior administrative officer. It is not suggested that this arrangement should be disturbed. It is, however, absolutely essential that Matron should have on her staff either a housekeeper or a head cook who is well-trained and experienced in catering and who, in conjunction with the Matron, will plan good menus and be capable of carrying responsibility for buying, for the organisation of the kitchen work, and for the cooking and service of food. This is a full time appointment and calls for appropriate remuneration, together with the status of a senior officer of the Home.

STAFFING

If meals are to be well planned and served, adequate and competent kitchen and dining-room staff should be employed. Under prevailing conditions this is by no means a simple matter, but the difficulty must be faced. The observations which follow may be of assistance to those who take a long-range view of their problem.

The dreary monotony and unpalatability of so many menus today reflect, not the restricted rations, as is so commonly alleged, but untrained cooks, unimaginative menu-planning, and, not infrequently, financial restrictions.

It should be more widely recognised than it appears to be, that a good kitchen staff, adequate in number, is essential if well-cooked meals are to be prepared and if kitchens are to be efficiently and economically run.

Suggestions have been made from time to time that the number of kitchen staff can be related to the number of meals served. That is not so. A hard and fast standard cannot be laid down; kitchens differ so greatly in their lay-out, their equipment, particularly the extent to which labour-saving devices have been installed, and their cooking arrangements, that each individual kitchen needs special consideration when the question of staffing is raised.

The importance of having in the key position of Head Cook a person of skill and initiative needs no emphasis. It should be unnecessary to stress the importance of giving that person adequate remuneration and satisfactory living conditions.

No department of the kitchen should be left to the care of an unskilled staff. Vegetables will never be served as they should if they are cooked in a happy-go-lucky manner by a junior kitchen maid or a temporary daily woman. Cooking of vegetables calls for skill

if it is desired to get anything better than a sodden mess from which the greater part of the nourishment has been extracted (see Appendix IV). For variety and attractiveness, sweets also require careful preparation. It should be an accepted principle that a trained cook should be in charge of the kitchen whenever a cooked meal is being prepared.

The introduction of " made-up " dishes consequent on present day rationing increases the work in the kitchen ; they take more time to prepare than is required for the straightforward roasts and stews, and call for greater skill on the part of the cook.

It is necessary, therefore, to employ a larger staff in many kitchens than was customary before the war. That fact must be faced. Moreover, it must be borne in mind that mere increase in numbers will not meet the needs. People must be employed who are competent for the job.

EQUIPMENT

No less import than the staffing, is the equipment of kitchens. Labour-saving devices are essential for good catering in modern conditions. Kitchens catering for 30 people or more should have mechanical mixers with attachment for mincing and slicing ; electric potato peeling machines, and gas steaming ovens should also be installed to take the place of the heavy " three tiered " steamers.

In the past, too little attention has been given to cleanliness, and not infrequently it is found that only one sink is provided for the preparation of all vegetables, the washing-up of cooking utensils and for the washing of hands. A hand-basin should be provided near the toilet for the staff so that they may wash their hands. If the basin is away from the toilet, the staff is likely to forget, thus increasing the danger of spreading infection.

Separate sinks should be provided for cleansing of vegetables and for the washing of kitchen utensils. It is not only more convenient for the staff to have separate sinks, but in the interests of hygiene it is undesirable to have the soil and garden dirt washed into the sinks where the utensils are being cleansed, and to have the grease from the pots and pans mixed with the vegetables.

Many Homes are fortunate in having large store-rooms and cool larders ; even so, the provision of a refrigerator does much to prevent wastage of food. In those where storage space is not adequate, the provision of refrigerators should be considered an essential part of the kitchen equipment.

MENU PLANNING

The planning of meals receives scant attention in many institutions. It is, however, an essential part of good catering. Not infrequently is it found that set menus are in use varying little

from week to week; for example, the Main joint being served on Tuesdays and Saturdays, Fish on Friday, Cold on Sunday, Stew on Wednesday and Mince on Thursday. This is a lazy method of catering and suggests not only parsimony on the part of those responsible, but a failure to recognise the principles of good nutrition.

To ensure variety and well-balanced meals, menus should be planned weekly and a record kept of meals served. Not only will this safeguard against monotony, but it will enable those responsible to get a picture of the meals over a period and thus see that rations are equitably distributed.

In planning menus, four main objects should be observed :—

(i) Meals should tempt the appetite and please the palate.

(ii) Meals should satisfy hunger.

(iii) The day's meals should be nutritionally adequate.

(iv) Meals should be compatible with good digestion.

In order that meals should be nutritionally adequate, it is essential that the officer responsible for catering should be familiar with the various groups of food which must be included in the diet. These are given in Appendix I, and followed by suggested outlines of menus and recipes.

SERVICE

Experience shows that however well meals are planned, and however carefully they are cooked, their palatability and their nutritive value may be impaired by inefficient service between the kitchen and the consumer.

Service may be considered under two headings :—

(i) Transport from the kitchen to the dining-rooms and wards.

(ii) Service in the dining-rooms and wards.

From the Kitchen. It is now known that the nutritive value of cooked food is reduced if it is kept hot for any length of time in containers or in hot closets. The losses particularly concern Vitamin C and to some extent the B Vitamins. In the latter case, however, the loss is not of great importance as bread contributes so large a proportion of the B Vitamins of everyday normal diets. There is clearly an advantage, therefore, if cooking can be so arranged that the food is ready just at meal times.

Dining-rooms. If the dining-room is some distance from the kitchen, hot food must be kept hot during transit, and in large convalescent homes, a heated trolley should be used. The dining-room or service-room should be equipped with a hot closet, where plates may be heated and from which hot food can be served. A table will also be necessary for the service of cold food.

Attention should be given to detail in the laying up of tables. The cutlery should not have the appearance of being thrown on. Side plates should be provided for bread, and when possible, flowers should be placed on the tables.

The attractiveness of a meal depends to a very large extent on the way in which it is placed before the consumer. The service of food on to the consumer's plate should be done with care. A plate with gravy or sauce slopped over the edge can go far to kill appetite.

The practice of serving hot dinners on to plates and placing them on the table before the patients are called to the meal is very unsatisfactory; the food will be cold and unpalatable.

Patients usually prefer to help themselves to vegetables and gravy, and it is, therefore, recommended that these should be served in dishes on the tables.

Where possible, dishes such as moulds, jellies and tartlets should be made in individual portions; they are more attractive in this form.

All dining-rooms should be light and airy and attractive in appearance. Small tables are preferable to long ones. Tablecloths should be clean, or if tablecloths are not used, the tables themselves and all crockery, cruet and cutlery should be spotlessly clean. A dirty cruet can spoil a meal. Spoons and forks should be polished and knives of stainless steel. Knives should be kept sharp. Complaints of tough meat are often due to the bluntness of the knives.

WASTE

Waste may be considered under five headings :—

1. *Waste in the Kitchen.* Constant supervision is necessary to minimise waste in the preparation of food in the kitchen. Fat and trimmings of meat should not be thrown away, but be rendered down for dripping; wastage of potatoes by careless peeling or by leaving the peeling machine running too long can be serious. The eyes of potatoes should always be gouged out by hand after careful peeling; outer leaves of vegetables, whenever possible, should be used in the preparation of soups, and vegetable water should be retained for use in gravies and soups. All stale bread which has not been on the patients' plates, should be returned to the kitchen from the dining-room, so that it may be used in the preparation of puddings and breadcrumbs; fish trimmings and bones left after serving should be carefully gone through and any scraps of fish used in the preparation of fish cakes, kedgeree, etc.

2. *Waste in Cooking.* Careless cooking, burning and over or under-seasoning tends to render food unpalatable, thereby increasing waste, both in the kitchen and on the plate.

The cooking of vegetables is of so great importance that it must be considered separately from the preparation and cooking of other foods. Carelessness in the treatment of vegetables will result in a serious loss of important nutrients from the diet. This is especially true of Vitamins C and B. Reference has already been made to this loss when food is kept hot. Loss also occurs if vegetables are badly stored, incorrectly prepared and cooked. Detailed instructions for the treatment of vegetables are given in Appendix IV.

3. *Waste in Service.* Bad carving is a common cause of waste of good food. Meat served in unappetising portions is often wasted. The same remarks apply to poultry. Badly served fish often fails to appeal to the appetite.

Pies and puddings served from pie-dishes should be carefully cut and not have servings taken from the middle. This spoils the appearance of the dish and makes it appear less appetising. Waste is thereby encouraged.

Care should always be taken to give suitable portions to each individual. Too much piled on a plate may dispel appetite and will often lead to preventable waste.

4. *Waste in Food Left Over.* All food left over in the dishes after service in the dining-room should be returned to the kitchen so that it can be used for preparing made-up dishes. The practice (by no means uncommon) of reheating remains of meals to provide meals some hours later is deplorable.

Waste from the kitchen which cannot be used in cooking and waste from the plates should be collected in pails for pig food. (This should not include tea leaves or orange peel.)

The waste buckets should be inspected daily at irregular times. Much can be learned from this inspection. It will often reveal the popularity or otherwise of a particular dish. It will detect whether food has been wisely portioned. If large quantities of any one dish are left over, enquiries should immediately be made as to the reason.

5. *Waste in the Garden.* Another source of waste which is indirectly connected with catering is in the garden. Here much can be done to supplement the diet by cultivating every available piece of ground for the production of vegetables, especially of green vegetables, which are expensive to buy.

Hens, ducks and rabbits are also proving of great value in Homes where they are kept.

* * * * *

It is realised that owing to shortages, many of the recommendations made in the foregoing pages, especially regarding equipment, cannot be carried out at the present time. Nevertheless, in spite of prevailing restrictions, much can be done with enterprise and initiative to improve the general standard of catering.

APPENDIX I

PLANNING OF MENUS

If meals are to provide what the body needs to maintain health and strength, consideration must be given to the classification of the various foods.

Foods can be classified according to their more important functions—such a classification is usually determined by the quality and value of the chief constituents of a food.

1. **The Body-building foods.** These are relatively rich in proteins.

- Meat
- Fish
- Pulses: Peas, Beans, Lentils
- Dairy foods: Milk, dried, fresh or canned; Cheese; Eggs, dried or fresh
- Oatmeal
- Wheatmeal flour

2. **The Energy and Warmth-producing foods** are rich in one or other of starch, sugar or fats.

- Starchy foods: Bread, Flour, Oatmeal, Potatoes, Cereals
- Sugars: Sugar, Jam, Syrup, Honey, Treacle, Dried fruits
- Fats: Butter, Margarine, Dripping, Suet, Lard, Bacon, Cheese
- Pulses: Peas, Beans, Lentils

3. **The Protective foods** supplying vitamins and mineral salts.

- Dairy foods: Milk, dried, fresh or canned; Butter; Margarine; Cheese; Eggs
- Liver
- Vegetable foods: Potatoes, Green vegetables, Root vegetables, Fruit
- Fat fish: Herrings, Kippers, Salmon, Sardines
- Oatmeal
- Wheatmeal and wholemeal bread and flour.

To ensure that a meal is well-balanced, it should contain an appropriate choice of foods from all these groups.

APPENDIX II

SUGGESTED MENU FOR FULL DIET

WHICH CAN BE PROVIDED UNDER PRESENT CONDITIONS

Breakfast.
Porridge, cereal (with milk and sugar) or fruit.
Breakfast dish. (See List A.)
Bread and butter/margarine.
Tea or Coffee.
Marmalade, honey, syrup or other preserve once or twice weekly.

Mid-morning.
Milk, cocoa, malted milk preparations; meat or yeast extract, or fruit drink.
(Mid-morning milk should always be provided for children of school age, but adults frequently prefer to spend the whole morning away from the Home.)

Dinner.
Meat or fish occasionally, or offal. (See List B.)
Potatoes.
Cooked vegetable or salad.
Sweets. (See List C.)

Tea.
Bread and butter/margarine.
Jam or other preserve, meat or fish-paste, yeast and vegetable extract or sandwich spread. (See List D.) or Salad.
Scones, buns or cakes.
Tea.

Supper.
Soup (See List E.) and Savoury (See List F.)

or
Savoury and Sweet.

Bread and butter/margarine.
Milk, cocoa, coffee or tea.

Note: At some Homes a high tea is served at 6 or 6.30 p.m. In such cases tea is omitted and a light supper of milk drink and a sandwich or bun should be served.

LIST A

BREAKFAST DISHES

Bacon and fried bread or potatoes or tomato.
Sausage.
Eggs—scrambled (dried or fresh), boiled, fried or poached.
Fish cake.
Savoury potato cake or croquette.
Smoked haddock.
Kipper.
Grilled herrings.
Kedgeree.
Breakfast sausage.
Sardines, pilchards or fish roes on toast.

LIST B

DINNER DISHES

Beef Roast, braised, sauté, hash, boiled, silverside, steak and kidney pie or pudding, minced, curried, grilled, stewed or braised steak, rissoles, shepherd's pie, cottage pie, Vienna steak, individual meat pies.

Mutton Roast, boiled, grilled, chops, cutlets, haricot mutton, hot pot.

Lamb Roast, Irish stew, stuffed shoulder, curry, mutton pies.

Pork Roast, boiled, grilled chops.

Veal Roast, sauté, stewed, braised, stuffed shoulder, pie.

Ham Boiled and grilled gammon, boiled hock of bacon.

Offal Liver, grilled and braised, stuffed hearts, tripe, kidney, oxtail, sweetbreads, brains.

Fish Fried, grilled, boiled, baked, au gratin, fish salad, fish pie, fish cake, fish cream, fish soufflé, curried.

Poultry Roast, boiled, minced, croquette, fricassée, sauté.

Rabbit Baked, stewed, minced, croquette, fricassée, sauté, pie.

COLD DISHES

Steak, veal, pork-pies, galantine, brawn, pressed ham, brisket, silverside, corned beef, spam or other canned meat.

POTATOES

Boiled, mashed, snow, duchess, riced, sauté, chipped, baked or boiled in jacket, roast.

SALADS

Green, winter, Russian, brawn, fish, cheese, egg, ham, meat, spam, etc.

LIST C

SWEETS

Apple baked
Apple Charlotte
Apple dumpling
Apple fritters
Bakewell tarts
Banbury cakes
Baked jam roll
Baked raisin pudding
Baked custard
Baked bread and butter pudding
Batter pudding
Castle pudding (jam or nutmeg sauce)
Cabinet pudding
Canary pudding
Custard lemon curd
Congress tart
Chocolate meringue pie
Creams (coffee, raspberry, lemon, etc.)
Caramel cream
Custard
College pudding
Doughnuts and jam sauce
Eve's pudding
Fruit Condé
Fruit flan
Fruit fools
Fruit tart and tartlets
Fruit salad
Fruit, stewed, dried, fresh, bottled or tinned
Fresh fruit
Guards pudding
Ice cream
Jellies various, plain, fruit
Jelly cream
Jam or treacle tart
Junket
Lardy cake
Manchester tart
Moulds, various
Mincemeat tart or pies
Milk puddings
Plum pudding
Pancakes
Suet puddings with sultanas, jam, syrup or jam or honey sauce
Sponge cake jelly
Summer pudding
Steamed puddings, chocolate, coffee, ginger, fruit, raspberry
Trifles
Turnovers, jam or fruit

LIST D

SANDWICH SPREADS

Savoury

Lettuce and cress with :—
Salmon or Sardine
or Pilchard
or Potted meat
Grated cheese and tomato or parsley
Scrambled egg, and cress or tomato
Mashed potato with dried milk and yeast and vegetable extract.
Minced rabbit with parsley or tomato
Peanut butter or dripping and vegetable extract

Sweet

Minced dates and treacle or honey
Minced sultanas or raisins
Chopped apples and dates
Minced dates and carrot
Chocolate spread

LIST E

SOUPS

Beef tea
Celery
Chicken broth
Cream of celery
Cream of spinach
Kidney
Leek
Minestrone
Mulligatawny
Mutton broth
Oxtail
Pea
Potato
Scotch broth
Tomato

LIST F

SUPPER DISHES

Beef Minced, rissoles, shepherd's pie, cottage pie, individual meat pies.

Mutton Mutton pies.

Veal Veal and ham pie.

Offal Tripe, sweetbreads, brains.

Fish Fried, grilled, boiled, baked, au gratin, fish salad, fish pie, fish cake, fish cream, fish soufflé, herrings, pilchards (fresh or tinned).

Poultry Minced, croquette.

Rabbit Minced, croquette, pie, baked, stewed.

COLD DISHES

Pork-pies, ham, bacon, brisket, silverside, corned beef, spam, tongue, brawn, sausage, luncheon sausage, breakfast sausage, sausage rolls.

CHEESE DISHES

Welsh rarebit, cauliflower au gratin, macaroni cheese, cheese pie, cheese croquettes, cheese soufflé, potato hash and cheese pie, cheese fritters, cheese balls in batter.

EGGS

Fried egg and chipped potatoes, poached or scrambled egg on spinach or sweet corn, baked egg, stuffed egg, Scotch egg, egg mornay, egg patty.

FISH

Grilled, fried or soused herrings, grilled, fried or baked white fish, fish pies, cakes or moulds.

APPENDIX III

SUGGESTED MENU FOR CHILDREN UNDER 12 YEARS OF AGE

(For the under fives : orange juice or cod liver oil or halibut liver oil some time during the day.)

Breakfast. Porridge or cereal (with milk and sugar) or fruit *and* Cooked dish.
Bread, toast or rusk and butter or margarine.
Milk drink.

Mid-morning. Milk or milk cocoa.
Bread or rusk and butter, margarine, dripping, etc.

Dinner. Cooked dish. (Meat, fish or offal.)
Potatoes.
Vegetable.
Sweet. (Milk or light steamed or baked pudding, or fruit and custard.)
Water to drink.

Tea. Bread, butter or margarine.

Sandwich Spread	Potted meat	Preserves or dried fruit.
	Egg	
	Cheese	Salad.
	Fish	Yeast and vegetable extract.

Sponge, madeira or other plain cake, scones or plain biscuits.
Fruit.
Milk to drink.

Bedtime. Milk.
Plain biscuit, rusk and margarine or butter.

APPENDIX IV

COOKING OF VEGETABLES

Vitamin C is easily destroyed by ordinary cooking processes. In order to conserve the vitamin the following points should be noted :—

(i) Buy vegetables as fresh as possible and store in a cool dark place.

(ii) Prepare and wash thoroughly, do not leave soaking for long periods.

(iii) Shred green vegetables with a sharp knife.

(iv) Use as little water as possible and see that the water is boiling before vegetables are added.

(v) Cook quickly with the lid on the pan (greens as well as roots).

(vi) Drain and serve straight away.

(vii) Keep the cooking water for stews, soups and gravies.

(viii) *Never* use soda in any form for cooking vegetables.

When preparing vegetables for salads, root vegetables may be grated, but greens should always be shredded with a sharp knife.

APPENDIX V

RECIPES

(All quantities for 50 unless otherwise stated.)

BREAKFAST DISHES

1. *POTATO CROQUETTES*

Ingredients :

12 lb. mashed potato ; 2 oz. chopped parsley ; ½ oz. thyme : 6 lb. ham or bacon scraps (or sausage meat as available) ; seasoning.

Method : Mix all ingredients thoroughly. Form into croquettes. Coat in batter and crumbs. Fry in deep fat or bake on well greased trays in a hot oven.

2. †*EGG SCRAMBLE*

Ingredients :

1 lb. 6 oz. dried egg ; 5 pints milk ; 2½ pints stock ; 1¾ lb. bacon ; seasoning to taste.

Method : Mince bacon coarsely and put in baking tins and lightly cook. Reconstitute egg with stock and milk, season well ; pour over bacon. Return to the oven and cook slowly until set.

Variations suitable for supper.

In place of 1¾ lb. bacon, the following alternatives may be used :—

2 lb. tomato or bacon trimmings and tomato
or cheese and tomato
or cheese and cooked mixed vegetable-peas, carrots, etc.
or chopped corned beef and tomato or mixed vegetables.

3. *SAUSAGE FRITTERS*

Ingredients :

10 lb. liver sausage ; thick batter ; chopped parsley.

Method : Slice liver sausage (1 thick slice per portion) and dip in batter. Fry, and sprinkle with chopped parsley before serving.

4. **VIRGINIA PATTIES*

Ingredients :

5 lb. breadcrumbs ; 5 lb. grated apple ; 2 lb. finely shredded lettuce ; ½ lb. chopped onion ; ½ lb. grated carrot ; ¼ lb. dried egg (reconstituted) ; seasoning.

Method : Mix all ingredients together with the dried egg and seasoning. Form into cakes, roll in browned crumbs and fry.

5. *FISH CAKES*

Ingredients :

4 lb. tinned fish or 8 lb. fresh fish ; 10 lb. potatoes ; 1½ pints milk or vegetable stock ; seasoning ; 8 oz. margarine ; breadcrumbs.

Method : Cook fish and potatoes separately. Remove fish from bones and flake. (Fish scraps left over from service can be used—see Section on Waste—paragraph 1). Mash potatoes with milk or stock and margarine ; add the fish and seasoning ; mix well ; form into cakes, roll in breadcrumbs and fry. Serve with sauce.

6. **KEDGEREE*

Ingredients :

15-20 lb. fish (fresh, dried or tinned) ; 2 lb. rice or substitute ; ½ lb. dried egg ; 5 pints white sauce ; seasoning.

Method : Wash and boil the rice in salted water. Prepare the white sauce. Mix into this the boned, flaked fish. Add the reconstituted egg and seasoning. Put into greased dishes and bake in moderate oven.

7. *DEVILLED HERRINGS*

Ingredients :

50 herrings ; ½ oz. mustard ; 4 oz. dripping ; 1½ lb. onion (minced) 2½ pints water ; seasoning ; bay leaves ; cloves ; 2 oz. sugar.

Method : Gut and clean herrings. Roll up and place in baking tins. Fry onion in fat and add other ingredients, stir. Pour over fish and bake in a moderate oven. Serve with the liquor.

8. *BEAN AND BACON SAVOURY*

Ingredients :

1½ lb. haricot beans ; 2 lb. chopped bacon ; 1 lb. chopped onion.

Sauce : 3½ pints stock ; ¾ lb. flour ; 2 tablespoons black treacle ; seasoning ; mustard to taste.

Method : Soak and cook beans. Fry bacon and onion until brown. Make thick white sauce with flour and stock. Add all other ingredients. Stir well, re-heat and serve on fried bread or toast.

SAVOURY DISHES

9. **SALMON ROLLS*

Ingredients :

6 lb. pastry ; 10 lb. potatoes (cooked) ; 6 oz. dried egg ; 7 lb. Grade III salmon ; ¼ lb. parsley (chopped) ; 4 pints mayonnaise; cochineal—a little ; salt and pepper to taste.

Method : Mash the potatoes with the mayonnaise. Add the dried eggs (reconstituted), the fish and the parsley and beat well. Season to taste and colour a good pink with the cochineal. Roll out the pastry into oblong pieces. Put some of the fish mixture on each and fold the pastry over like an envelope. Glaze with beaten egg and bake in a hot oven for 30 minutes. Serve with potatoes and a fresh vegetable or salad.

10. **SALMON MOULD*

Ingredients :

8 lb. tins Grade III salmon ; 4 lb. mixed root vegetables (grated raw) ; 4 lb. cooked mashed potato ; 2 lb. rolled oats or oatmeal ; salt and pepper ; chopped parsley.

Method : Flake up the fish and mix well with all ingredients, moistening with the juice from the tin, and a little egg or water if necessary. Press it into a greased tin or basin and steam 1½ hours to 2 hours. Turn out and serve hot or cold.

11. *FISH PIE*

Ingredients :

8 lb. cooked white fish or Grade III salmon ; 8-10 lb. cooked mashed potato ; browned breadcrumbs ; seasoning ; parsley ; milk.

Method : Flake fish, mix with potato and chopped parsley and moisten with milk, season and mix thoroughly. Place in shallow fire-proof dishes, sprinkle with browned breadcrumbs and bake.

12. *SOUSED HERRINGS*

Ingredients :

50 herrings ; vinegar and water in equal parts to cover ; 1 lb. onions (sliced) ; pickling spice ; bay leaves ; seasoning.

Method : Slit the herrings, remove back-bone. Roll up, arrange in baking tins and cover with vinegar to which other ingredients have been added. Cover with greased paper and bake. Serve cold with salad, or as a breakfast dish.

13. *GRILLED HERRINGS AND MUSTARD SAUCE*

Ingredients :

50 large or 75 small herrings.

Sauce : 2 lb. flour ; 2 oz. mustard ; 10 pints milk and stock ; ½ pint vinegar ; seasoning to taste ; ½ lb. dripping.

Method : Split herrings and remove backbone. Grill or bake.

To make sauce. Melt dripping and add flour and mustard. Add milk and stock gradually, stirring well. Cook until thickened and add vinegar and seasoning.

14. *POTATO CHEESE SOUFFLE*

Ingredients :

¾ lb. dried egg ; 10 lb. potatoes (cooked) ; 1 lb. cheese ; 1½ lb. flour ; 2 tablespoons baking powder ; milk to mix ; salt and pepper.

Method : Mash the potatoes, sieving them if possible. Reconstitute the dried egg and add to the potatoes with the other ingredients, with enough milk to make a soft consistency. Bake in greased dishes and serve hot with potatoes and a fresh vegetable, or salad.

15. **WELSH RAREBIT*

Ingredients :

6 lb. potatoes (mashed) ; 3 lb. grated cheese ; mustard ; seasoning.

Method : Mash potatoes and cheese together, add mustard and seasoning to taste, moisten with milk if necessary. Toast bread on one side and spread cheese mixture on the other. Toast under the grill. Decorate with paprika or chopped parsley before serving.

16. **CHEESE AND VEGETABLE FLAN*

Ingredients :

5 lb. flan pastry to line flan rings.

Filling : 1 lb. macaroni ; 2 oz. dried egg (reconstituted) ; 4 lb. grated cheese ; 4 lb. chopped vegetables (carrot, potato, peas, etc.) ; seasoning.

Method : Cook macaroni in boiling salted water. When cooked, mix with egg, cheese and vegetables. Season well. Cook slowly until thoroughly heated. Place in prepared and cooked flan cases. Serve hot or cold with salad.

17. *SEMOLINA CHEESE*

Ingredients :

12 pints milk ; 1½ lb. semolina ; 3 lb. cheese ; mustard and seasoning to taste.

Method : Cook semolina in milk. When thick and creamy, add grated cheese, mustard and seasoning. Serve with grilled tomatoes and green peas or strips of cooked carrot and watercress.

18. *CHEESE LENTIL ROAST*

Ingredients :

5 lb. lentils ; 3 lb. grated cheese ; 1½ lb. onions ; 4 lb. tomatoes (if available) ; seasoning.

Method : Wash, soak and cook lentils and mash. Mince onions and mix with lentils, seasoning and two-thirds of grated cheese. Press into greased tins, sprinkle with remaining third of grated cheese and bake. Just before serving, decorate with slices of tomato or cooked carrot.

EGG DISHES

19. **SAVOURY EGG PATTY*

Ingredients :

5 lb. pastry ; 1 lb. dried egg ; 2½ lb. potato (cooked) ; 6 lb. sausage meat ; milk or vegetable water about 2½ pints ; 1½ lb. onions ; ¼ lb. fat ; 2 oz. parsley (chopped) ; seasoning to taste.

Method : Mince the onions and fry them in the fat. When cooked, add the sausage meat and let it cook for about 15 minutes. Work in the potato, add parsley and seasoning and enough liquid to make a fairly soft consistency.

Roll the pastry thin and line deep patty tins or baking trays. Half fill the pastry cases with sausage mixture. Reconstitute the eggs, season well, and pour over the sausage meat. Bake in a moderate oven until set and brown.

20. **SAVOURY RICE AND EGG DISH*

Ingredients :

2 lb. rice ; ½ lb. cheese ; ¼ lb. margarine ; 2 tablespoons tomato sauce ; 2 level tablespoons curry powder ; 1 lb. dried egg (reconstituted) ; 1 pint milk and water ; ½ lb margarine ; ¼ lb. flour or soya flour ; seasoning.

Method : Wash and cook the rice, strain and add the curry powder, tomato sauce and grated cheese. Beat in the margarine, season well and spread thickly over the dish. Heat together milk and margarine, add the reconstituted egg, the flour or soya mixed with a little water and season well. Scramble carefully and pile on the savoury rice. Serve at once.

21. *SAVOURY CUSTARD*

Ingredients :

1¼ lb. dried egg ; 8 pints milk ; seasoning ; flavouring—see under.

Method : Reconstitute sieved dried egg with some of the milk—boil the remainder. Pour over the egg and stir well. Season, add flavouring, pour into pie dishes and bake.

Suitable Flavourings :

Fish—cooked, boned and flaked	3 lb.
Cheese—grated	2 lb.
Sliced tomatoes and green peas	3 lb.

22. *POOR MAN'S GOOSE*

Ingredients :

8 lb. sausage meat ; 1 lb. onion ; 1 lb. dried peas or lentils (cooked and mashed) ; seasoning.

Stuffing : 2 lb. stale bread, soaked and squeezed ; 4 oz. sieved dried egg ; 1 lb. onions (chopped) ; 4 oz. suet or dripping ; parsley, herbs and seasoning.

Method : Mix sausage meat with chopped onion and mashed peas or lentils. Season and shape into flat topped rolls. Place in greased baking tins. Mix stuffing ingredients with reconstituted dried egg and place a layer of stuffing on sausage mixture. Cover with greased paper and bake for half an hour. Remove paper and finish cooking in a fairly hot oven to brown and crisp stuffing.

23. *MEAT MOULD*

Ingredients :

6 lb. minced meat or sausage meat ; 1 lb. bread crumbs ; $\frac{1}{2}$ lb. leek or onion ; $\frac{1}{4}$ lb. dried egg ; 1 tablespoon mixed herbs ; $\frac{1}{4}$ teaspoon nutmeg ; 2 oz. parsley (chopped) ; 1 pint stock ; 4 oz. dripping ; seasoning to taste.

Method : Fry chopped or minced onion in dripping until brown. Add to other ingredients with reconstituted egg and mix. Place in greased basins, cover and steam for 1 hour. Serve cold with salad.

Other ways of serving sausages or sausage meat :

Sausage toad-in-the-hole.
Grilled sausage and tomato with apple sauce.
Scotch eggs.
Stuffed marrow.
Cornish pasty.
Sausage rolls.
Croquettes or rissoles.
Cold sliced sausage and salad.

SWEETS

24. *BASIC RECIPE FOR STEAMED OR BAKED PUDDING*

Ingredients :

4-4$\frac{1}{2}$ lb. flour ; 1$\frac{1}{2}$-2 lb. fat ; 1$\frac{3}{4}$ lb. sugar ; 2 oz. baking powder ; $\frac{1}{2}$ lb. dried milk ; 2-4 oz. dried egg ; milk or milk and water to mix.

Flavourings :
Jam, marmalade or syrup sauce.
Ginger and syrup.
Dried fruit.
Orange or lemon rind and juice.
Chocolate.
Cinnamon.
Mixture baked over fresh or soaked dried fruit.

25. *BASIC RECIPE FOR MILK PUDDINGS* (3-4 portions)

Ingredients :

2 oz. cereal (macaroni 3 oz.) ; 1½ oz. sugar ; 1 pint milk ; or ½ pint milk and ½ pint water ; 1 oz. dried milk (reconstituted).

Variations :
Cereal moulds.
Neapolitan moulds.
Creams (½ cereal pudding, ½ jelly. Mixture allowed to become cold, when 2 oz. dried milk per pint beaten in until frothy).

26. †*CHOCOLATE FLUMMERY* (100 portions)

Ingredients :

4 lb. semolina ; 1 lb. cocoa ; 2½ lb. dried milk ; 2 lb. sugar ; 1 lb. gelatine ; ½ lb. suet ; 16 pints water ; almond or ratafia essence.

Method : Mix semolina, cocoa and dried milk to a paste with some of the water. Boil the remainder and add paste with suet, stirring well. Cook. Dissolve gelatine in 1 pint hot water and whisk into mixture. Add sugar and essence. Allow to cool, beat on a machine until light and frothy.

SWEETS

27. *FRUIT CONDÉ*

Ingredients :

8-10 lb. pears or other fresh fruit ; 1 lb. sugar ; gelatine, cochineal, citric acid (or prepared jelly) 1¼ lb. semolina ; 6 pints milk ; 5 pints water ; ¾ lb. dried milk ; ½ lb. sugar.

Method : Make semolina pudding with milk, semolina, etc. Place in dishes and allow to become quite cold. Prepare and stew fruit with sugar (keep fruit in halves or quarters). Place pieces of fruit on the semolina and pour over gelatine or jelly crystals, dissolved in fruit liquor. Allow to set. Decorate with mock cream.

28. *FILLINGS FOR TARTS OR FLANS*

Fruit set in gelatine or cornflour.
Jam, marmalade, golden syrup, etc.

29. *RAISIN FLAN* (100 portions)

Ingredients :

Filling : 4 lb. sultanas or raisins ; 3 pints water ; ¼ lb. flour ; ¾ lb. syrup ; ½ oz. spice.

Method : Stew sultanas or raisins in water with syrup and spice. When soft and swollen, thicken mixture with flour. Bake pastry cases blind and when cold, fill with the mixture.

30. **PRINCESS TART* (12 portions)

Ingredients :

Filling : 1 pint thick sweetened custard ; 1½ oz. gelatine ; 3 oz. dried milk ; vanilla or almond or other flavouring.

Method : Dissolve gelatine in a small amount of hot water. Whisk into custard with dried milk and flavouring until mixture is frothy. Pour into baked pastry cases and allow to set.

31. *CHOCOLATE TART*

Ingredients :

Filling : ¾ lb. cocoa ; 1½ lb. dried milk ; 1½ lb. sugar ; 1 pint milk ; vanilla essence.

Method : Mix all ingredients to a smooth paste. Pour into prepared pastry cases and bake until set.

32. *CUSTARD TART*

Ingredients :

Filling : 10 oz. dried egg ; 2 pints milk ; ½ lb. sugar ; 1 lb. dried fruit ; 2 pints water, 6 oz. dried milk (reconstituted).

Method : Line shallow tins with pastry, prick and cover with roughly chopped fruit. Reconstitute dried milk, mix with fresh and use a little to reconstitute sieved dried egg. Boil the remainder and pour over the egg, add sugar and whisk well. Cool, whisk and pour into prepared pastry cases. Sprinkle with nutmeg and bake in a moderate oven until set.

Note : We are indebted to the London Hospital for permission to publish recipes marked *, and to St. Thomas's Hospital for those marked †.

APPENDIX VI

PROCEDURE TO OBTAIN THE PRIORITIES

(1) Notify the local Food Office that the Convalescent Home is entitled to the priorities, Numbers 1-6 (*see page 26*).

(2) *MILK AND EGGS.* Obtain from the local Food Office form R.G.62, which should be completed and returned. A Notification by the Food Office will be sent to the firm(s) supplying milk and eggs and a copy will be sent to the Home. When this is received an order for these priorities can be placed with the suppliers.

(3) *DRIED MILK.* Application for the appropriate form should be made to the Milk Powder Pool Ltd., Room 104 B Block London Road, Stanmore, Middlesex. This form should be completed and returned, when supplies of milk powder will be forwarded to the Convalescent Home.

(4) *DRIED EGG.* A permit will be issued by the local Food Office. This should be forwarded to the suppliers when orders up to the permitted amount can be placed.

(5) *SUGAR AND FATS FOR FLOUR CONFECTIONERY AND STARCH POWDERS.* Permits for these two commodities will be issued to the Convalescent Home by the Food Office. The permits should be forwarded to the suppliers, when the Convalescent Home can order up to the amounts specified on the permit.

(6) *FAT FOR DEEP FRYING.* Application for a permit should be made to:—The Oils and Fat Division, Ministry of Food, 90, Buckingham Gate, London, S.W.1.

NOTES.

PRIORITIES ALLOWED FOR HOSPITALS AND CONVALESCENT HOMES

A Convalescent Home is registered as an Institution of the Hospital type, and is allowed the following priorities :— (See Ministry of Food Circular 745).

(1) *MILK.* Up to 5 pints per resident per week. If, owing to an abnormally high proportion of patients suffering from complaints entitling them to a priority of 7 pints or more per week, the 5 pint allowance is insufficient, the necessary additional supplies will be authorised on application to the Food Office.

It should be noted that any person incapacitated from work through illness is eligible for a priority allowance of 7 pints milk weekly.

(2) *DRIED MILK.* An allowance of up to 1 oz. per resident per day and 1 oz. for non-residents who usually take meals at the institution.

Application should be made to :—Milk Powder Pool Ltd., Room 104 B Block, London Road, Stanmore, Middlesex.

(3) *DRIED EGG.*
1⅔ oz. per 8 week period in respect of R.B.1 and R.B.4.
(Or on the basis of purchases during the period between April 1944 and April 1945.)
5 oz. per 8 week period in respect of R.B.2. (Or on the bais of purchases during the period between April 1944 and April 1945.)

Also the following. See Ministry of Food—Priority Schedule PSP/SCH.4.

(4) *SUGAR AND FATS* for the manufacture of flour confectionery per 100 resident weeks :—

Seven-eighths of 9¾ lb. sugar and fats, of which not more than three-sevenths can be taken in fats.

(5) *STARCH FOOD POWDERS*
Per 100 resident weeks ... ...2⅔ lb.

(6) *FAT FOR DEEP FRYING* (where approved deep frying equipment is installed). May be obtained :—
Per 100 resident weeks ... ... 12½ lb.

SPACE FOR NOTING ALTERATIONS IN RATIONS

ALLOWANCES FOR CHILDREN'S CONVALESCENT HOMES

In addition to the normal rations allowed to Institutions, Convalescent Homes catering for children under the age of 18 years can obtain special allowances of rationed and priority foods, in accordance with the School Meals Scheme.

To obtain these extra rations, returns of 5 main meals per week should be made to the local Food Office in respect of each resident under the age of 18. These meals should be returned as meals served to *non-residents.*

The allowances of food per main meal are :—

Bacon and Ham ...	$\frac{1}{7}$th oz.
Fats ...	... Butter, margarine and cooking fat $\frac{1}{2}$ oz. (Not more than $\frac{3}{8}$ of which may be butter and $\frac{1}{4}$ cooking fats).
Sugar ...	... Per meal, $\frac{3}{8}$ oz.
Meat ...	... (excluding offal) 2d.
Cheese ...	... $\frac{3}{56}$ oz.
Preserves ...	... $\frac{1}{3}$ oz.
Dried eggs	... 2 oz. per 150 meals served.
Milk ...	... 20 pints per 100 main meals or 9 pints per 100 main meals and 1 oz. skimmed milk powder per meal.
Points ...	... $\frac{7}{8}$ point per meal.
Starch food powders	3 lb. per 1,000 meals.
Bread ...	... $\frac{1}{3}$ Bread Unit per meal.

The importance of obtaining these extra rations will be appreciated by all those who are responsible for the feeding of convalescent children.

SPACE FOR NOTING ALTERATIONS IN RATIONS

SPACE FOR NOTING ALTERATIONS IN RATIONS

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